1. **Serving size:**
Serving sizes are standardized to make it easier to compare similar foods. Be aware of how many servings you are eating.

2. **Calories:**
Calories equal how much energy you get from one serving. However, it is important to limit calories from fat. The average age person needs 2000 calories a day.

3. **Limit these nutrients:**
Reduce or limit saturated fats, sodium (salt), cholesterol and trans fats. The FDA considers 5% or less low and more than 20% high.

4. **Are you getting enough of these nutrients?**
Increase or maintain calcium, vitamin A, vitamin C and iron in your diet. The FDA considers 5% or less low and more than 20% high.

5. **Footnote:**
The % Daily Value is based on a 2000 calorie diet. Your daily calorie intake may be higher or lower depending on how much energy you burn.

---

Sample Label for Macaroni & Cheese

1. **Start Here**

   **Nutrition Facts**
   Serving Size 1 cup (275g)
   Servings Per Container 4

2. **Check Calories**

   **Amount Per Serving**
   Calories 340  Calories from Fat 120

3. **Limit These Nutrients**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>8g</td>
<td>40%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>40mg</td>
<td>13%</td>
</tr>
<tr>
<td>Sodium</td>
<td>410mg</td>
<td>17%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
<td>12%</td>
</tr>
</tbody>
</table>

4. **Get Enough of These Nutrients**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td>20% or More Is High</td>
</tr>
<tr>
<td>Protein</td>
<td>17g</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>35%</td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td>10%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

5. **Footnote**

   The % Daily Value is based on a 2000 calorie diet. Your daily calorie intake may be higher or lower depending on how much energy you burn.

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*Nutrition label via FDA
Calcium Challenge™

Card Sample

**SOY YOGURT**
1 container (277 g)
1 serving = 300 mg
based on a 1000 mg RDA

*Soy Yogurt:
Serving size: 1 container (277 grams)
Calories: 150 calories in one serving with 36 calories from fat
Nutrients: Soy yogurt is a good source of calcium and vitamin C, does not contain iron or vitamin A, low sodium and low saturated fats
Footnote: Based on 2000 calorie diet
Calcium: 300 mg
To calculate calcium, take the % and add a zero.
Example: 30% = 300 mg

Milk Alternative

**Calcium-Rich Meal Samples**

**Breakfast**

- **SOY YOGURT**
  - 1 container: 300 mg

- **KIWI**
  - 1.5 Kiwis: 60 mg

- **WHITE BREAD**
  - 1 slice: 70 mg

Total Calcium: 430 mg

**Lunch**

- **TOFU**
  - 4.5 oz: 300 mg

- **SPINACH**
  - 3/4 cup: 240 mg

- **PLUMS**
  - 1 plum, raw: 10 mg

Total Calcium: 550 mg

**Dinner**

- **SALMON**
  - 3.5 oz: 250 mg

- **GREEN BEANS**
  - 1 cup: 40 mg

- **BROWN RICE**
  - 3/4 cup: 20 mg

Total Calcium: 310 mg

Total Daily Calcium: 1290 mg